



## AFTERSCHOOL PROGRAMS: Fun Physical Activity



**Name of Activity:** Whoa Food Tag

**Grade Level:** 3-5

**Equipment**

- 2 scarves per 25 students
- Cones to designate activity area

**Fitness Components**

- Cardiovascular efficiency

**Skill Themes**

- Traveling
- Chasing
- Fleeing & Dodging

**Organization**

- Students are scattered in a designated activity area.
- Identify 2 students for every 25 to be "Dynamites Diet," and give a scarf to each.
- Select two students, unknown to both Dynamite Diets, to be "Whoa Foods."

**Description**

- The object of the game is for Dynamite Diet to locate the unknown Whoa Foods.
- On signal, Dynamite Diet attempts to tag other students.
- When tagged by either Dynamite Diet, students do jumping jacking until they have recited 5 different Go Foods and then rejoin the game.
- Should a Whoa Food be tagged, s/he identifies it as a Whoa Food and walks around the perimeter until the other Whoa Food is located and tagged.
- Start a new game using new students to be Dynamite Diet and Whoa Food.

**Teaching Suggestions**

- Make certain that Dynamite Diet is not peeking when selecting students to be Whoa Foods.
- Encourage students to move with "body control" (e.g., "Stay on your feet." "Eyes up." "Don't bump into others.")

**Now Try This**

- Designate a certain amount of time for each game, i.e., 1 minute.
- Use a variety of locomotor patterns.



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